

Vision Service Plan's Eye Health Management Program

Prepared for

CalPERS Health Benefits Committee

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Vision

“Vision is critical to daily living, is a portal for language, and affects developmental learning, communicating, working, health, and quality of life.”

Blindness America, 2004

VSP and State of California

- VSP providing vision care since 1986
- 185,000 state employees in addition to Highway Patrol and CCPOA
- University of California, most schools and many special districts
- Annual vision examinations and eye wear
- VSP corporate offices in Rancho Cordova
- 44 million Americans covered

Eye Health Management

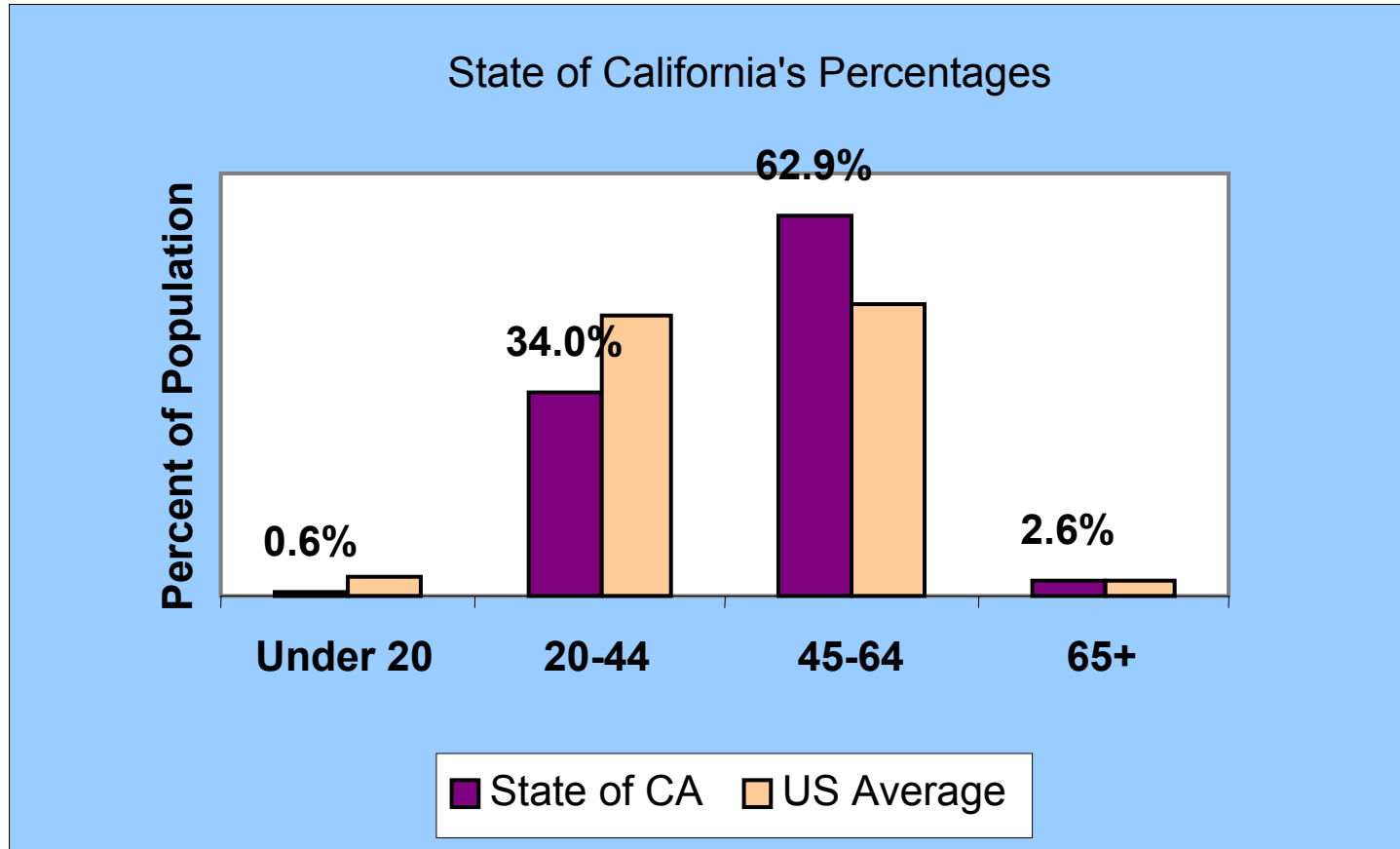
2 Objectives:

1. Raise awareness to members about the importance of annual eye exams
 - Critical that symptoms of diseases are caught early and appropriately managed
2. Share data with employers and health plans to assist with disease management and wellness strategies

Outcome = Provide more effective care and manage healthcare costs

TRUE DISEASE MANAGMENT

Population By Age



Commonly Detected Conditions From Eye Examinations

Early detection and treatment are key:

- diabetes/diabetic retinopathy
- glaucoma
- macular degeneration
- high cholesterol
- hypertension

Continuity of Care

Continuity of care is key:
VSP doctors share exam
findings with primary
care providers

*“Eye care for the patient with
diabetes requires a partnership
between the primary physician, the
eye-care specialist, and the patient.”*
-- Centers for Disease Control

Primary Care Provider (PCP) Form for Diabetic Eye Exam Results



(Insert Date) _____

_____ (VSP doctor to insert PCP Name)

_____ (VSP doctor to insert PCP fax number or address 1 (if mailing))

_____ (VSP doctor to insert PCP address 2 (if mailing))

The following patient received an eye examination in my office on _____. In an effort to ensure coordination of care for this diabetic patient, I am including my examination findings and eye care follow-up recommendations. Please feel free to contact me if you have questions or would like additional information.

Patient Name _____ DOB _____

VSP Doctor Name _____ Phone _____

FINDINGS

☐ No significant diabetic retinopathy found in either eye.

☐ Retinal exam abnormalities detected, as follows:

Background retinopathy only ☐ Right ☐ Left
Clinically significant macular edema ☐ Right ☐ Left

☐ Proliferative changes detected, as follows:

Neovascularization ☐ Right ☐ Left
Pre-retinal hemorrhage ☐ Right ☐ Left
Vitreous hemorrhage ☐ Right ☐ Left

RECOMMENDED FOLLOW UP

☐ Follow-up exam is scheduled in my office on _____

☐ Follow-up of abnormalities in my office is recommended in _____

☐ Recommended consultation with Dr. _____

Phone: _____ within _____ (timeframe)

Attachments: _____

Comments: _____

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Raising Awareness

- Patient eye care report card
 - Visual acuity
 - Eye conditions
 - Eyewear recommendations
 - Recommended follow up

EYE HEALTH REPORT

Provided by your
VSP Network Doctor

Patient Name _____ Doctor Name _____

Dilated Exam: ☐ Yes ☐ No Date of Exam _____

	Normal <small>(within limits)</small>	Abnormal Findings
Glaucoma Evaluation (Gradual Sight Loss)	<input type="radio"/>	<input type="radio"/>
Cataract Evaluation (Clouding)	<input type="radio"/>	<input type="radio"/>
Macular Degeneration Evaluation (Spotted Vision)	<input type="radio"/>	<input type="radio"/>
Diabetic Disease Evaluation	<input type="radio"/>	<input type="radio"/>

VISION STATUS

At Distance

☐ Without correction (current status) R 20/ _____ L 20/ _____

☐ With new correction R 20/ _____ L 20/ _____

	Right Eye	Left Eye
Farsighted (Distant objects clearer than nearby objects)	<input type="radio"/>	<input type="radio"/>
Nearsighted (Nearby objects clearer than distant objects)	<input type="radio"/>	<input type="radio"/>
Astigmatism (Distorted vision both near and distant)	<input type="radio"/>	<input type="radio"/>
Other _____	<input type="radio"/>	<input type="radio"/>
Other _____	<input type="radio"/>	<input type="radio"/>

EYEWEAR RECOMMENDATIONS

Glasses should be worn:

☐ All the time ☐ While driving ☐ While reading ☐ While at computer ☐ Other _____

Brand of Materials _____

Contact Lenses

☐ Conventional Soft ☐ Planned Replacement Soft ☐ Corneal Refractive Therapy

☐ Disposable Soft ☐ Gas-Permeable Rigid

Glasses

Lens Type: ☐ Single Vision ☐ Bifocal ☐ Trifocal ☐ Progressive ☐ Safety

Lens Material: ☐ Plastic ☐ Glass ☐ Polycarbonate ☐ High Index

Lens Tint: ☐ Light ☐ Sunglass ☐ Polarized ☐ Photochromic

Lens Coatings: ☐ Ultraviolet ☐ Scratch ☐ Anti-Reflective

RECOMMENDED FOLLOW-UP

☐ Follow-up for eye health in my office in _____ ☐ days ☐ weeks ☐ months

Next appointment on _____/_____/_____ at _____:_____ a.m. ☐ p.m.

☐ Consult with Dr. _____ for _____ (appointment on _____)

☐ See your Primary Care Physician regarding _____

Diabetes

- 20.8 million / 7% of US population
- 6.2 are unaware they have the disease
- As many as 24,000 people lose their sight because of diabetes each year
- Estimated 14,000 State of CA Diabetics

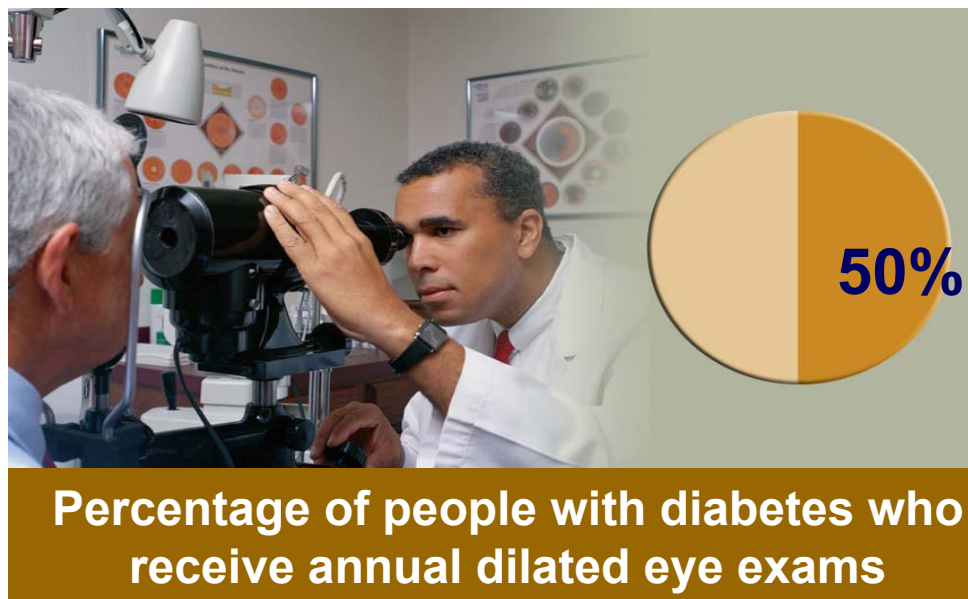


Pre-diabetes

- Affects additional 41 million Americans
 - Most unaware they have it
- Higher-than- normal blood glucose levels
- Diabetic Retinopathy can be present with
- Pre-diabetes
- Without intervention and treatment pre-diabetics are at risk for developing type 2 diabetes within 10 years
- Estimated 30,000 Pre-diabetics with the State of CA

Regular Eye Exams Are Important

90% of diabetes-related blindness could be prevented with a regular eye exam



Glaucoma

- Affects 3 million Americans
- About half of Americans with chronic glaucoma are unaware they have it
 - Once symptoms are noticed, disease has already caused considerable damage

Macular Degeneration

- Affects up to one in three Americans in their lifetime
- Nearly 2 million Americans age 40+ have advanced macular degeneration
- Additional 7 million people with the disease are at substantial risk for vision loss

Early Detection and Treatment Are Key

Because no symptoms occur at the start of these diseases, regular eye exams and early detection are imperative

Early detection can allow for management of the disease at a time that can save the eyesight of the patient.

Eye Care Expands Access to Health Care

- 60% of Americans need corrective eyewear
- Visiting the eye doctor is easy, no referrals
- 95% of State employees and dependents visit a VSP doctors
- Therefore, people often visit eye doctors more frequently than PCPs

Eye exams are health exams

VSP and Health Plans can Partner for the State of California Employees



Collect and Share Patient Data

- Pilot: all CA claims for State members
- Meets HIPAA privacy standards
- Appropriate reports for employer & health plan
- Six fields VSP will track and report:
 - Diabetes, Diabetic Retinopathy, Glaucoma, Macular Degeneration, Corneal Arcus and Hypertension
- Deploy nationally Summer '06



Benefits for State and Health Plans

- Member Awareness
 - Supports and measures wellness initiatives
- Member Specific Data and Reporting
 - Supports disease management
 - Supports wellness outreach programs
 - HEDIS scores

Helps medical cost containment



Windows to Wellness

- The eyes provide a noninvasive view inside the body
- Appropriate eye care can detect vision problems and manage health care costs

Discussion